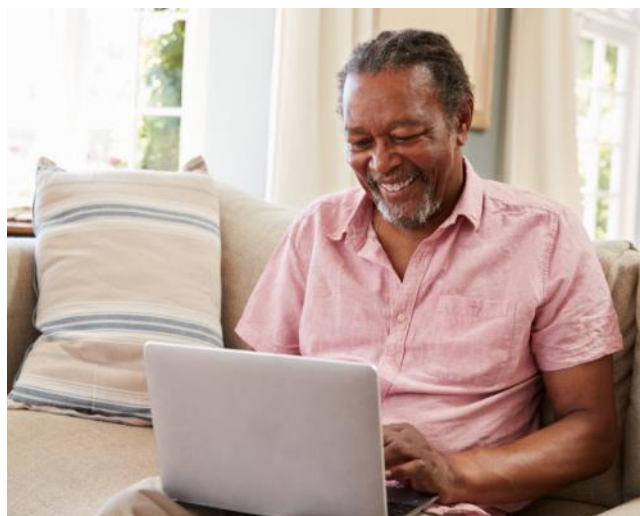


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS SEPTEMBER 2021



Please note the password for all
FREE PROGRAMS is Summerfun50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT



SEPTEMBER UPDATES

Enrichment. Engagement. Connection. Growth

The Department of Community Resources and Services counts the safety and health of all of our community members as its top priority. Masks are required upon entry and throughout all common areas in County buildings including the 50+Centers.

To balance the public facing responsibilities and the technology tasks associated with virtual programming, we will continue the virtual offerings' virtual programs on **Tuesdays and Thursdays for September.**

The Virtual Group Fitness Class Pass has been modified to help meet the demand for in-person exercise classes in the 50+ Centers. The virtual class pass price will decrease by 25% as the number of virtual class pass offerings will also decrease by 25%. In September the price of the monthly Virtual Class pass will be \$38 for the full month and \$20 for those joining on or after the 15th of the month.

In-person programming across the 50+ centers will continue to gradually increase in the months ahead. Please know that the entire Office on Aging and Independence team is deeply gratified by your positive response and feedback to our programming throughout the past 16 months. It is our privilege to serve you and to learn of the impact of our efforts in your lives.

In September we are celebrating National Senior Center Month, check the center newsletters or visit www.howardcountymd.gov/50pluscenters for details.

Frequently Asked Questions



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What is the password for Free Programs?

The password for free programs is **Summerfun50+**.

How do I sign up for the Paid Fitness Class Pass? To register for the \$38 monthly fitness pass that includes 20 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registered will receive the links and passwords for September will be available at the end of August. To register online using your Active Net account: Search: Virtual 50+ Exercise Classes/ A02490.403 on the Active Net site: <https://apm.activecommunities.com/howardcounty/> Passes purchased after the 15th of the month have a reduced fee (\$20).

How do I learn to use Webex? Staff are available for one-on-one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov– if you have a landline you can call into certain programs and still be engaged.

Will virtual programs continue now that centers are open? Yes, there will continue to be limited classes offered virtually. In September, Virtual Programs will be on Tuesdays and Thursdays.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

NOTEWORTHY

- Questions about Virtual Programs? Call 410.313.5400
- The Howard County Covid-19 hotline # is 410-313-6284
- Programs by our community partners can be found on page 16
- SeniorsTogether Programs are slowly moving back into the centers. Questions? Call Karen 410.313.7466 or 410.313.7353

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <div>KICKBOXING</div> <div>8 AM</div> <div>Go to Page</div> <div>QI GONG</div> <div>9 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER</div> <div>OPEN MIND GROUP</div> <div>9:30AM</div> <div>STRENGTH TRAINING</div> <div>10 AM</div> <div>Go to Page</div> <div>SITTERCIZE</div> <div>1 PM</div> <div>Go to Page</div> <div>CIRCUIT</div> <div>CONDITIONING</div> <div>5:30 PM</div> <div>Go to Page</div>	<div>2</div> <div>POWER</div> <div>8:30 AM</div> <div>Go to Page</div> <div>FOUNDATIONS OF</div> <div>MOVEMENT</div> <div>9:30 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER</div> <div>NEWS TALK</div> <div>10 AM</div> <div>NUTRITION EDUCATION</div> <div>11 AM</div> <div>Go to Page</div> <div>CONNECTIONS</div> <div>CORNER</div> <div>11 AM</div> <div>Go to Page</div> <div>SEATED STRENGTH AND</div> <div>BALANCE</div> <div>12 PM</div> <div>Go to Page</div> <div>BOOK CLUB</div> <div>1 PM</div> <div>Go to Page</div> <div>ARTHRITIS EXERCISE</div> <div>PROGRAM</div> <div>2:30 PM</div> <div>Go to Page</div>	<div>3</div> <div>FLOOR, CORE &</div> <div>MORE</div> <div>8 AM</div> <div>Go to Page</div> <div>CARDIO & CORE</div> <div>9:30 AM</div> <div>Go to Page</div> <div>POWER</div> <div>10:30 AM</div> <div>Go to Page</div>

SATURDAY

4

HATHA YOGA

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WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>6</p> <p>CLOSED LABOR DAY HOLIDAY</p>	<p>7</p> <p>POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>BMI: ELECTRIFYING BALTIMORE 11 AM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>ACTIVE YOGA 5:30 PM Go to Page</p>	<p>8</p> <p>KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MEET THE AUTHOR 11 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>9</p> <p>POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>10</p> <p>FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p>
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SATURDAY

11

HATHA YOGA
9:30 AM [Go to Page](#)

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p>13 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCING 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p> <p>SENIORS TOGETHER CAREGIVER SUPPORT GROUP 7 PM</p>	<p>14 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>AGING GRACEFULLY 11 AM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>CANCER CONVERSATION: THE BENEFITS OF JOURNALING 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>ACTIVE YOGA 5:30 PM Go to Page</p>	<p>15 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>16 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>NATIONAL PARK SERIES CUMBERLAND NATIONAL SEASHORE 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>17 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p>
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SATURDAY

<p>18</p> <p>HATHA YOGA 9:30 AM Go to Page</p>
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■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>20 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCING 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>21 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CLUTTER BUSTERS 11 AM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>US ARMY FIELD BAND 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>ACTIVE YOGA 5:30 PM Go to Page</p>	<p>22 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>23 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>TINY BOOK CLUB: THE PEARL 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>24 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p>
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SATURDAY

25

HATHA YOGA

9:30 AM [Go to Page](#)



\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCING 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>28 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>TECH TUESDAY 11 AM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>PUT YOUR GARDEN TO BED 1 PM Go to Page</p> <p>VACCINES & VARIANTS 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>ACTIVE YOGA 5:30 PM Go to Page</p>	<p>29 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30PM Go to Page</p>	<p>30 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>ELDERSAFE 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>HOWARD COUNTY LIBRARY: STREAMING VIDEO RESOURCES 1 PM Go to Page</p> <p>NATIONAL PARK SERIES ANTIETAM NATIONAL BATTLEFIELD 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	
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 \$ Paid Fitness Pass

 \$ Paid Fitness Program

 Free Programs

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold

Mondays, 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Courtney Bracey

Seated Strength and Balance

Mondays and Thursdays, 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Circuit Conditioning

Mondays and Wednesdays, 5:30 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Cardio and Core Class

Tuesdays and Fridays, 9:30 am

Exercises to get your body moving at home, designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core.

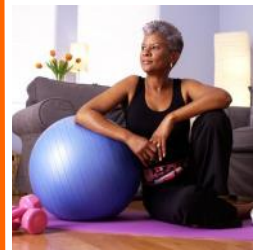
Taught by Pam Beck

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



\$ Fitness Pass Classes

Balance 4-All

Tuesdays, 1 pm

This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

Taught by Courtney Bracey

Active Yoga

Tuesdays, 5:30 pm

This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, link breath with movement, and work to build strength and endurance while you improve balance and flexibility. Ability to get up from the floor is recommended.

Taught by Bev Ludwig

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardio-vascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required. **Taught by Jessica Koch**

Foundation of Movement

Thursdays, 9:30 am

This class helps to build a solid core foundation upon which to improve overall balance, stability, flexibility and movement. Exercises are drawn from Yoga, Pilates, and basic strength classes. This class is primarily done on the floor with options for standing or sitting. Equipment: mat, water, small ball or pillow, a yoga strap or towel.

Taught by Bob McDowell

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

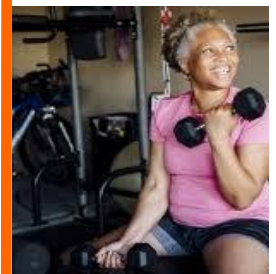
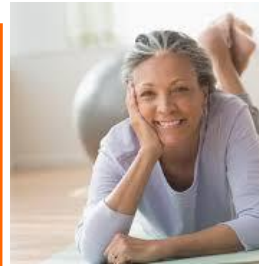
Taught by Michelle Rosenfeld

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt



\$ Paid Fitness Class

Virtual Arthritis Foundation Exercise Program

Tuesdays, Thursdays, 2:30 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis or other chronic pain disorders. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. In-person Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

Cost:

Single Session: **\$45**

4 Session Package: **\$160**

8 Session Package **\$299**

Call 410.313.1400 to register.

\$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available September appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true or activity number A05490.801.

Cost: \$15 per session

Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

A workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels No Class 9/6

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me2f268b528800dc2f9e13d6353f05461>

Meeting # 172 893 6556

Password: Summerfun50+

Beginner Soul Line Dancing

Mondays, 3 pm

This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Jessie Barnes No Class 9/6

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb07b28846feb9d9605a8b36d507465db>

Meeting #172 124 3369

Password: Summerfun50+

Sittercize

Wednesdays, 1 pm

A 45-minute class for those who prefer a seated workout as well as those who may want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional. **Taught by Marianne Larkin**

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb8637b288bc9ae63f251e1e9d1d4bf>

Meeting # 172 098 4017

Password: Summerfun50+



Arts & Music

Senior Center Month Celebration With The U.S. Army Field Band Chamber Music Series Recital

Tuesday, September 21, 1 pm

What better way to celebrate Senior Center Month then with the U.S. Army Field Band. Considered by music critics to be one of the most versatile and inspiring musical organizations in the world. As the premier touring musical representative for the United States Army, this internationally acclaimed organization travels thousands of miles each year presenting a variety of music to enthusiastic audiences throughout the nation and abroad. Through these concerts, the Field Band fosters the support of the American people for members of the armed forces and supports diplomatic efforts around the world.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8305399c93b30c7fdcc2b16b1184403d>

Meeting #180 648 7950

Password:Summerfun50+

Computers & Technology

Tech Talk

Tuesday, September 28, 11 am

Learn how to protect your privacy online.

Presented by Lucky Sohi

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0951b8686bd80f98dca0fd86671bb9d1>

Meeting # 172 209 0788

Password: Summerfun50+

Food, Nutrition and Cooking

Nutrition Education: What Does “Organic” Mean, and is it Really Worth the Money

Thursday, September 2, 11 am

Nutritionist Carmen Roberts will explain the pros and cons of organic food and the impact it can make on your health.

Presented by Carmen Roberts, R.D.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mea5d445dd98ac618c23ff018be4d16cd>

Meeting #180 952 4783

Password: Summerfun50+

Virtual Nutrition Consultations

Monday, October 4, from 4:00-6:00 pm

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health. Please note there are no virtual appointments in September due to the holiday on the first Monday; there are appointments available for October. Click to: [Register For A Virtual Nutrition Consultation](#)

Aging Gracefully

Tuesday, September 14, 11 am

This class is designed to help you identify gradual and straightforward lifestyle strategies that will help you meet your personal health goals and keep your brain healthy for aging gracefully.

Presented by Melanie Berdyck, Nutritionist with Giant Food

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc4eac695a253ca1d2d6535314121f7ce>

Meeting #180 676 4342

Password: Summerfun50+

Health & Wellness

Cancer Conversation: The Benefits of Journaling

Tuesday, September 14, 2 pm

Whether you've just received a cancer diagnosis or are facing treatment, journaling can help you manage stress and express your emotions. Join Joyce as she explores techniques and practices that can help you delve into this reflective form of self-care. **Presented by Joyce Nagel**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf8e3626702800dee064abb66dc17da84>

Meeting number: 180 032 6694

Password: Summerfun50+

Vaccines & Variants - A Discussion with Howard County Health Department

Tuesday, Sep 28, 2 pm

Join staff from the Howard County Health Department as they provide updates on the COVID-19 efforts including vaccine effectiveness, booster recommendations, and more. Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcd97e4e98c0514095cebbec74bfa2f24>

Meeting # 180 883 2999

Password: Summerfun50+

ElderSAFE

Thursday, September 30, 11 am

Join the ElderSAFE Center for an interactive discussion on mental health and well-being. We will discuss ways to support a loved one that is struggling with their mental health, from ways to start the conversation to community resources.

Presented by Sydney Palinkas

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m159f4be785fa967c3997cc4cbcd7f38e>

Meeting # 180 360 6455

Password: Summerfun50+

History, Culture, Current Events

Baltimore Museum of Industry: Electrifying Baltimore

Tuesday, September 7, 11 am

Modern America, and modern Baltimore, truly arrived when delivering power through wires became a reality. By the early nineteenth century, capturing the power of water sluicing downhill had been replaced by steam, only to be replaced by century's end with power through wires. Lighting – first along streets, then inside buildings and finally in homes pushed gas lighting into the past. Electricity changed life as people knew it. This is the story of how the city and her citizens adopted and adapted to the decades it took to truly electrify Baltimore. **Presented by Jack Burkert**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m657ea36100802b73dcd91f498af9da9c>

Meeting number: 172 599 9446

Password: Summerfun50+

Ted Talk

Thursdays, September 9, 23, 11 am

Join Lucky for an hour viewing and discussion on various TED talks.

Facilitated by Lucky Sohi

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me79927c8190f1cf7d97a5cc01899c860>

Meeting # 172 899 7993

Password: Summerfun50+

Clutter Busters

Tuesday, September 21, 11 am

Join Meridy for 50+ things to part with to simplify your home.

Presented by Meridy McCague

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m72a35b22211c9a8df14ea89aea8dcc5c>

Meeting#180 871 8313

Password: Summerfun50+

Literature & Theater

Book Club

Thursday, September 2, 1pm

A good book can change our perspective and broaden our horizons. If you love to read, join us for conversation and connection over a good book! On September 2nd, we will discuss *Beach Music* by Pat Conroy. For October 7th we will cover *American Dirt* by Jeanine Cummins.

Facilitated by Jeannie DeCray

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m36f4836044abe986929ee185a7d4088a>

Meeting # 172 533 0398

Password: Summerfun50+

Meet the Author: Peter Eisenhut

Wednesday, September 8, 11 am

Peter Eisenhut, a local author and Past-President of the Bain Center Council, will discuss his latest book, *FINAL PROJECT*. Attendees will have the opportunity to hear passages from the book, ask questions of the author, and purchase a signed copy. (Proceeds donated to charity). In the book, an assailant murders a Russian spy, long sought by the American CIA. The murder dramatically changes the lives of others who must deal with the aftermath. Readers of *FINAL PROJECT* will find the plot captivating with unexpected twists.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6ec8b9d10f10c4193f7a01eb9d8d525a>

Meeting # 180 139 9161

Password: Summerfun50+

Tiny Book Club

Thursday, September 23, 2 pm

Join us as we explore a classic work that reflects on man's purpose, defiance and societal norms. Inspired by a Mexican folk tale and first published in 1947, *The Pearl* by John Steinbeck remains a work that considers the moral lessons of gratitude and pitfalls of greed.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m30438750794f3179c6d0fbb63eb4b28e>

Meeting # 180 315 1985

Password: Summerfun50+

HCLS - Streaming Video Resources

Thursday, September 30, 1 pm

Looking to take a Great Course online, stream the latest music, or watch a foreign film? The Library System provides free, convenient access to an extensive selection of streaming electronic content. Attend this session to learn about the streaming resources available, how to navigate to them, and how to access the content.

Presented by Victoria Riese, Assistant Director, Glenwood Branch

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m75f5ee4e9deb022cdb3268b0958221aa>

Meeting number: 180 586 3622

Password: Summerfun50+

Nature, & Outdoors

National Park Series: Cumberland National Seashore

Thursday, September 16, 2 pm

Enjoy this program by a park ranger to learn about Cumberland National Seashore located in Georgia.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma9517485079ef5f9af33e7ca810ba7e9>

Meeting # 180 513 7703

Password: Summerfun50+

Put Your Garden to Bed

Tuesday, September 28, 1 pm

As the gardening season winds down, there are plenty of chores to be done in preparation for the fall and winter months. This talk will address dividing perennials, planting bulbs and the clean-up of annual beds.

Presented by Howard County Master Gardener, Paul Beares

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma6df22af75d2e4069791206788c86d60>

Meeting # 180 923 2676

Password: Summerfun50+

Nature & Outdoors

National Park Series: Antietam National Battlefield

Thursday, September 30, 2 pm

Join a park ranger for a tour and information of this significant park in Frederick.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md9fd3c126c6f1c8d863ca62eb34e033e>

Meeting# 180 276 3961

Password: Summerfun50+

Social Connections

Connections Corner

Thursdays, 11am

NEW DAY!!!! Same time! Please join us every THURSDAY in September.

September 2, Exercise with Michelle and BINGO!

September 9, Exercise with Michelle and music with Ukulele Ray

September 16, Exercise with Michelle and trivia games

September 23, Exercise with Michelle and music with MaryAnn

September 30, Exercise with Michelle and BINGO!

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma456a8d84586037b5787b4a9c2b9f498>

Meeting # 172 326 3200

Password: Summerfun50+

Join by phone 1-650-479-3207 Call-in toll number (US/Canada) Access code: 180 768 2997

Special Events

The American Visionary Arts Museum Mosaic Project Installation Reveal and Gathering

Friday, September 24, 10:30am

Join us for the reveal of Last Fall's Virtual Mosaic Project collectively produced by 50+ community members for final display within the North Laurel Community Center.

This is a collaboration in partnership with the Howard County Office on Aging and Independence, Howard County Recreation and Parks and the American Visionary Arts Museum.

You can attend this event one of two ways. In-person at the North Laurel 50+ Center 9411 Whiskey Bottom Road Laurel, or virtually; information is below. **RSVP for in-person to 410-313-0380**

Meeting Link: <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8194c80247773ffbb529af26034d0c37>

Meeting Number: 180 572 4997

Password: Summerfun50+

COMMUNITY PARTNERS

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.

Click [here](#) for a listing of other free webinars that promote healthy movement, mindful meditation, healthy eating, and more.



COVID-19 Vaccine

"Why Get Vaxxed" PSA Video Series

Check out the "why's" of getting vaccinated from several different perspectives: kids/families, people of color and young adults (20-30 somethings). [HCHD YouTube page](#)

Clinics

Anyone age 12 and older is eligible to receive FREE COVID vaccine from HCHD. Visit the HCHD website for a list of upcoming vaccine clinics and schedule your first or second dose: vaccine.howardcountymd.gov. No residency or documentation requirements. Many clinics are also allowing walk-up appointments.

CAREAPP – Connecting People and Programs in Howard County

CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,900 programs serving Howard County. Visit FindHCResources.org.

Latino Health Fair

Saturday, October 9, 2021; 4:00 pm

Wilde Lake Interfaith Center, 10431 Twin Rivers Rd., Columbia 21045

The Annual Latino Health Fair offers health education for kids and adults, community resources, blood pressure screenings, Glucose screenings, flu vaccines, COVID-19 vaccines, the Colgate Dental Van, and so much more. This health fair prioritizes the Spanish speaking families of Howard County, but all are welcome!

For information, contact HCGH-J2BH@jhmi.edu or call 410-720-8788.

Living Well with Chronic Disease

The virtual Living Well with Chronic Disease class is a free 6-week self-management program for those who have or are at risk for diabetes, obesity, cancer, etc where you learn skills to help you manage chronic health conditions via Zoom. To sign up visit <https://bit.ly/living-well-virtual>, email HCGH-J2BH@jhmi.edu or call 410-740-7601.

Virtual Diabetes Support Group

The Virtual Diabetes Support Group offers free education and support for those with prediabetes, Type 1, and Type II Diabetes every third Thursday of the month via Zoom. To sign up visit <http://bit.ly/VirtualDiabetesGroup>. Contact Kristine Batty, NP at kbatty2@jhmi.edu with questions.

Member Care Support Network (MCSN)

The [Member Care Support Network](#) offers free non-medical support services (e.g. transportation and companionship) to Howard County residents 18 years or older. To enroll or for more information visit hcggh.org/mcsn, email HCGH-J2BH@jhmi.edu or call 410-740-7601.





Senior Center Month

Celebrate Senior Center Month with LUNCH from Bon Fresco!

Set up in a socially-distant and safe manner, you are invited to pick up your meal:

Mixed Green Salad with Grilled Chicken • Half-size Caprese Sandwich
Oatmeal Cookie • Fresh Fruit

To register and secure your reservation pick up*

Follow the link to bit.ly/HoCoSrCenter OR

Call the Nutrition Line at 410-313-3640 (VOICE/RELAY)

between 9:00 AM and 3:00 PM from Tuesday, September 7, through Friday, September 10.

LUNCHES ARE LIMITED TO THE FIRST 125 REGISTRANTS

MEAL DISTRIBUTION PICK UP

Friday, September 17 • 11:30 AM to 12:30 PM

► **Elkridge 50+ Center**

6540 Washington Blvd, Elkridge 21075



PRESENTED BY THE



Department of Community Resources and Services
www.howardcountymd.gov/aging

* Each person must register to individually to receive a meal.

Must be 60 or older to participate; spouses of any age may also participate.

Participants will have the opportunity to donate to the cost of the meal valued at \$13.

Confidential donation envelopes will be provided on-site.

If you need this information in an alternate format, or need accommodations to participate, contact the Howard County Nutrition Line at 410-313-3640 (voice/relay).